

Minding our minds during the COVID-19

These can be difficult times for all of us as we hear about the spread of COVID-19 from all over the world, through television, social media, newspapers, family and friends, and other sources. The most common emotion faced by all is Fear. It makes us anxious, panicky, and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances.

Understanding the importance of Lockdown

Lockdown is meant to prevent the spread of infection from one person to another, to protect ourselves and others. This means, not stepping out of the house except for buying necessities, reducing the number of trips outside, and ideally only a single, healthy family member making the trips when absolutely necessary. If there is anyone in the house who is very sick and may need to get medical help, you must be aware of the health facility nearest to you.

Handling Social isolation

Staying at home can be quite nice for some time, but can also be boring and restricting.

Here are some ways to keep positive and cheerful.

1. Be busy. Have a regular schedule. Help in doing some of the work at home.
2. Distract yourself from negative emotions by listening to music, reading, watching an entertaining program on television. Rediscover your old hobbies.
3. Eat well and drink plenty of fluids.
4. Be physically active. Do simple indoor exercises that will keep you fit and feeling fit.
5. Sharing is caring. Understand if someone around you needs advice, food, or other essentials. Be willing to share.
6. Elderly people may feel confused, lost, and need help. Offer them help by getting them what they need, their medicines, daily needs, etc.
7. If you have children at home, keep them busy by allowing them to help in the household chores – make them feel responsible and acquire new skills.

Focus on facts, reject rumours and theories

1. Knowledge is power, the more you know about a certain issue, and the less fearful you may feel. Make sure to access and believe only the most reliable sources of information for self-protection.

2. Do not follow sensational news or social media posts which may impact your mental state.